

IMPULSIVE CHILDREN

- Evidence “an impaired ability to sustain an organized approach to problem solving while simultaneously trying to avoid responding in an impulsive manner.”
- Exhibit “a failure to invest, organize and maintain attention and effort and an inability to inhibit impulsive responding or modulate arousal levels to meet task demands.”

Skills we teach to assist these children MUST:

- Generalize across situations, tasks, skills
- Maintain over time

The child MUST:

- Understand the reason WHY he or she is being seen and perceives that he or she does indeed have a problem
- Collaborate in the selection of the skills that will be worked on
- Appreciate how the skills that will be worked on in the training will be helpful in changing behaviors in the criterion situations

Four Components of Self-regulation

1. Self-instruction
2. Goal setting
3. Self-monitoring
4. Self-reinforcement